Family Links

Talking Teens Parent Group Feedback

All parents completed the course and said they were able to:

- Respond appropriately to young people
- Listen attentively and with empathy
- Use a problem solving approach with teenagers

Delivery was "really good" and "good at keeping on track" with "good balance of listening but moving on".

"Open environment where people felt safe to share" and "trust" within the group.

What the Parents Said:

Course content was "informative"; "very good"; "enthralling".

The facilitators "put the group at ease"; "sharing their own experiences helped".
Parents' individual learning outcomes:

Better understanding of teenagers
“I was astonished when I looked back at my responses [to the evaluation] at the beginning and my responses four weeks later. Feeling confident and equipped.”

Strategies to manage conflict
“After [teenager] went through a relationship split, I was able to apply strategies from the course. We now talk more, spend time together & I think he understands me!”

Better communication
Better understanding of relationship

Some of the findings from the pre and post 'Life with Your Teenager' questionnaire

| Confidence in setting boundaries with their teenager | 21% |
| Parents feeling their teenager is able to cope with the ups and downs of life | 30% |
| Confidence of parents feeling able to help their teenager to develop positive life skills | 22% |
| Parents’ understanding of what teenagers need from parents to help them develop well | 71% |